

## ABSTRACT

A football glove and method of use that protects a player's digits from hyperextending without impairing the player's ability to grasp objects and other players includes a hand covering portion for covering a palm and back of a user's hand. A plurality of form fitting finger receiving receptacles extend from the hand covering portion, and are in communication with the hand covering portion, each of the finger receiving receptacles includes a front and a back for receiving therebetween a finger of the user's hand covered by the hand covering portion. A unidirectional stiffener is fixed relative to at least one of the finger receiving receptacles adjacent the back of the at least one finger receiving receptacle, and extends toward the hand covering portion. The unidirectional stiffener is bendable toward the front of the at least one finger receiving receptacle to allow the user's finger to naturally curl toward the user's palm, and is substantially rigid in an opposing direction to prevent hyperextension of the user's finger.